

A One Day Diet Let You Diet Every Other Day

On food days you must eat what you ate before you started dieting in the same amount. This means you can and shall eat nothing but your favourite foods and drinks. It is important that you take in as many calories as your body was used to getting before you started. Motivation is easy! It is much easier to stay motivated when you can take a break from your weight loss program every other day. As the weeks pass you will see that you lose more and more excess pounds, and this will get you even more motivated to stay on this program until you have reached your goal. If you combine it with some light exercising or just taking a 30 minute brisk walk on your diet days, you will burn even more fat that day. Sustain your new weight! You might say that this seems too good to be true, but it is true. However, be aware that after you have reached your weight loss goal, you must eat less food than you did before so that you not regain the weight lost. The reason for this, is that your body doesn't need as much energy (in calories) to move that extra weight around. If you start to gain weight again, you can simply start dieting again. Don't lose too much! It is recommended that you not lose too much weight too fast. If you lose more than 7-9 pounds a week, just put in 2 or 3 food days in between the diet days, instead of just one. Try out this diet; it might be the way of losing weight you have searched for but not found until now.

About the Author

The Pocket Diet will help you relearn how to control your portions with the pita pocket.

Source: <http://productsherbal.com>